

Faribault Wrestling - Nutrition Quick Reference Guide

Complex Carbs

*Complex carbohydrates are a good source of vitamins, minerals and fiber. Complex carbohydrates take longer for the body to digest, which makes you feel full and more satisfied.
(GOOD Carbs)*

nuts and seeds
vegetables
whole-grain breads (oats, bran)
whole grain pasta or brown rice
unsweetened oatmeal
legumes (beans, lentils)

Simple Carbs

*Simple Carbohydrates tend to be sweeter and have less nutritional value. Simple carbohydrates break down faster in the bloodstream, raising the blood sugar level.
(BAD Carbs)*

cookies, candy
soda, sport drinks
sweetened juices
sweetened cereal
white bread, pasta rice, potatoes

Nuts:

	servicing size	calories	fat per oz.	protein	fiber	other information
Almonds	23 nuts	164	14.4 g	6 g	3.3 g	Almonds have enough protein and fiber to keep you satisfied for hours. Great source of vitamin E, magnesium and calcium.
Peanuts	40 nuts	160	14 g	7.3 g		Peanuts are high in protein, folate and iron.
Pistachios	47 nuts	158	12.6 g	5.8 g	2.9 g	Pistachios are great source of potassium
Cashews	18 halves	160	13.3 g	5 g	1 g	Cashews are low in fiber but high in magnesium and iron.
Hazelnuts	21 nuts	178	17.2 g		3.4 g	Hazelnuts are loaded with vitamin E, fiber and iron. Hazelnuts are the second highest of monounsaturated fats.